

Can you really lower your health age and is it possible to achieve balance in your life?

The Office of Business and Consumer Affairs recently road tested a new program called *Living Balance* which is designed to create a shift in thinking and behaviour with regard to life balance and health.

“The consistently high level of participation was indicative of the quality of the program and the value that staff gained from their participation”

“The program involved a good support process and provided practical resources and tools for maintaining behaviour change”



David Schomburgk
OCBA Branch Manager

The 12 week program involves a pre and post life balance and health age assessment, a seminar series, life coaching and a workbook full of health information and practical tools for living a more balanced and productive life

The Life Balance Profile is an online questionnaire that staff can complete in 10 minutes at work or at home.

It covers 8 areas of life balance including purpose, exercise, nutrition, time management, relationships, finances, attitude and relaxation/recreation.

Life balance is displayed graphically on a wheel which can be used for measuring individual or group progress during the program



“The Life Balance Profile and Health Age assessment are useful tools for measuring change.”

David Schomburgk

The results speak for themselves

On the following page the Office of Consumer and Business Affairs share a summary of their results. Branch Manager; David Schomburgk lead by example, losing 7 cm off his waist, improving his aerobic fitness by almost 20% and lowering his health age by improving his diet, drinking more water and less coffee and improving his time management strategies. **A group comparison of pre and post program results for life balance can be seen displayed in the Life Balance Wheels shown above.**

Group Improvement Results for The Office of Consumer and Business Affairs

Life Balance Profile

Participants were given a rating from 1-10 on each spoke of the life balance wheel based on their answers to the online questionnaire.

Following is a summary of improvement statistics for life balance.

100% of participants surveyed improved their Purpose & Exercise scores

90% improved scores for Nutrition, Time Management & Relaxation skills

80% improved in the area of Attitude and Humour

60% improved their scores for Relationships and Finances.

The group average for ratings in each area improved between 10% and 33%.

Health Age Assessment

A lower Health Age corresponds with a reduced risk of lifestyle related disease such as heart disease, cancer, diabetes, osteoporosis, autoimmune diseases etc. A lower 'Health Age' also increases the likelihood that the individual will experience more energy, be less susceptible to stress and illness, enjoy better quality of life and be able to perform at their optimum.

Following is a summary of improvements in health age and specific parameters measured by the health age assessment.

35% of participants had a 'Health Age' higher than their chronological age at the commencement of the program. All but one of these participants had reduced their score back to or below their chronological age by the end of the program.

88% of all participants improved their 'Health Age'.

The average improvement in 'Health Age' was 6.2 years with some individuals reducing their 'Health Age' by as much as 13 years.

Physiological Improvements

- More than half the participants increased their aerobic fitness, reduced their blood pressure and improved their good cholesterol.
- Almost half of the group also improved their flexibility and 88% of people improved their strength, some by as much as 120%.
- 41% of participants lost weight and 88% of people reduced their waist size by an average of 5.23cm, with some losing as much as 10cm off the waist.



Living Balance

Research shows that Australian businesses are now facing an emerging challenge with respect to an increasing number of staff who under perform due to workplace fatigue, accelerating change, chronic stress and an imbalance between work and quality of life.

Living Balance is a workplace wellness program that addresses these issues and helps staff to develop the habit patterns necessary to maintain a balanced quality of life and peak performance.

For more information contact Healthy Teams Ph: 08 8377 2415
Email: wayne@healthyteams.com.au